

<http://suratiundhiyu.wordpress.com/>

VIPUL M DESAI

## STEAMED ORANGE FOR COUGH CURE

We all know that the orange (any specie) is rich in Vitamin C, and besides making a refreshing drink, it has long been used as home treatment for flu. One medium size orange peeled and eaten as it is, or juiced will provide you with about 80 per cent of your daily Vitamin C needs. And Vitamin C is one essential ally in the fight against flu infection.

Oranges also make excellent supplementary remedy for prolonged coughs. In this case, eating or juicing the orange will not do the trick. It has to be prepared in a certain way for it be effective. However, it should not be used as the sole remedy so does not forgo any prescribed medication. Always keep in mind that each individual is different and so is the severity of the cough, and what works for others may not necessarily work as well for you. The following is a method which have been tried and found to be effective. It does not taste very nice but it could cure your prolonged cough within minutes, so give it a little try. Can do no harm.



STEP-1



STEP-2



STEP-3



STEP-4



STEP-5

- (1) Slice off the top part.
- (2) Put some salt into the orange
- (3) Put back the top part
- (4) Steam it for 10 minutes
- (5) Allow to cool to taste and eat all the flesh including the juice at the bottom of the bowl. Tastes not very nice but cures your prolonged cough within minutes